

BUILDING HEALTHY RICE BOWLS

STEP 1: Start with brown rice or any rice

One cup cooked serves 2 people

STEP 2: Pack in produce

Choose veggies in a variety of colors-
Like green, red, orange, and yellow

STEP 3: Top with healthy proteins

Try proteins like beans, lentils, veggie burger
crumbles, eggs or unsalted nuts



Now add some flavor, such as herbs or spices. Try these combos or create your own.

RICE BOWL VARIETIES	VEGETABLES	PROTEIN	SAUCE, SEASONING OR GARNISH
Southwest Fajita Bowl	Green and red pepper strips, onions, corn	Grilled tofu	Garnish with cilantro, salsa
Taco Bowl	Tomatoes, onions, green pepper strips	Taco-seasoned tofu or beans	Garnish with cilantro, low-fat plain yogurt and tortilla chips
Vegetarian Salad Bowl	Cucumbers, tomatoes, carrots, celery	Black, pinto or kidney beans	Italian salad dressing.
Thai Bowl	Red peppers, hot peppers, pea pods, carrots, green onions	Tofu (baked, grilled, or sautéed instead of fried)	Thai peanut sauce or curry sauce. Garnish with fresh cilantro or basil

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